



BABY CARE ESSENTIALS

- Diapers –start with about 150
- Have at least 2 packs of the next size on hand
- Wipes-hypoallergenic, fragrance and alcohol free.

DIAPER BAG

- Carry 4-5 diapers or 1 diaper for every hour that you're out.
- Wipes-travel pack
- Plastic bag to dispose of soiled diaper.
- Change of clothes for baby

BABY'S LAYETTE

- 8-12 onesies
- 6-8 slip on shirts
- 4-6 side snap shirts
- 6-8 Sleep and play outfits
- 4-6 gowns
- 4-6 pair pants
- 4-6 caps
- 4-6 booties or socks
- 2-3 mittens
- 4-6 bibs
- 12 burp cloths
- 6 washcloths
- 6 hooded towels
- 6 receiving blankets
- 2 Water proof mattress pads
- 2 fitted crib sheets



Naval Hospital Camp Lejeune
100 Brewster Blvd
Camp Lejeune, North Carolina
28547

<http://www.med.navy.mil/sites/nhcl/Pages/default.aspx>

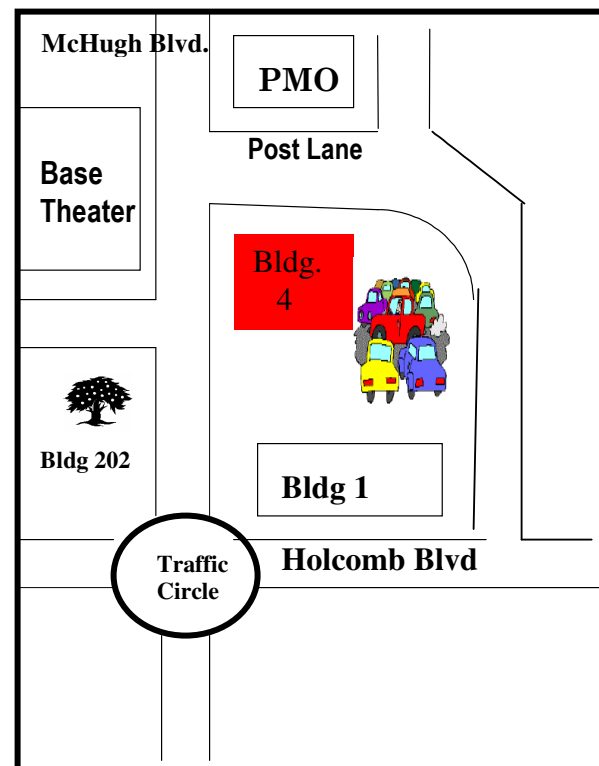
For appointments & information,
call the
Health Services Center & Info Line
at
(910) 450-HELP (4357)

Useful Numbers

SARP	451-1175
<u>Hospital Family Medicine Clinic</u>	<u>450-4698</u>
Health Promotion	451-3712
Henderson Family Medicine	455-1457
Hospital Info	450-4300
Immunization	450-4648
Internal Medicine	450-4520
Labor/Delivery	450-4280
Laboratory	450-4606
MCAS Family Medicine Clinic	449-5527
<u>OB/GYN</u>	<u>450-4561</u>
Ophthalmology Clinic	450-4730
<u>Pediatrics</u>	<u>450-4500</u>
Pharmacy	450-4171
Pharmacy Refills	450-4183
Refractive Surgery Clinic	450-4965

Where is Bldg 4?

We are located at the corner of
 McHugh Blvd and Post Lane
 Camp Lejeune, NC



Hours of Operation

Monday –Friday
0730—1600
(910) 451-3712

Naval Hospital Health Promotion & Wellness

*Early Pregnancy, Pregnancy
 Exercise, Lamaze Childbirth,
 Infant Care and Sibling Classes*



Rev. 10/09

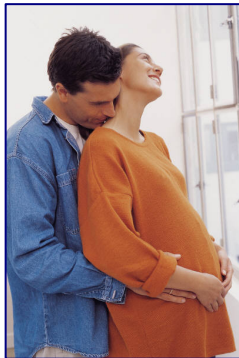
Early Pregnancy



Designed to guide you through the changes your body will go through during your first and second trimester. You will learn how to keep healthy and fit with diet and exercise. We will

share important information to assist you in caring for yourself and your baby. Classes should be taken early in your pregnancy (week 8-20). **To register call 451-3712**

Lamaze Childbirth Class



A childbirth preparation class designed for first time expectant parents. Approach labor and birth with confidence and knowledge, knowing that your body knows just what to do. Classes will

help you feel more confident and allow you to trust your body. You will learn comfort measures, breathing, relaxation, coping mechanisms, and the benefits and risks of medical interventions. Classes are limited to 15 couples, allowing for more personal attention. Register early, classes should be taken in about your 7th month. **Call 451-3712** Classes are a 4 week series offered on Wednesday evenings.

Infant Care Class

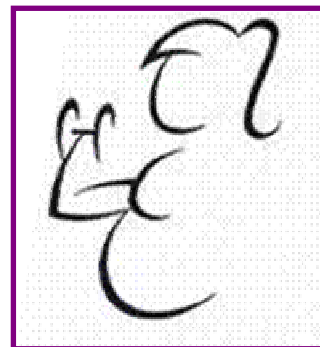
Learn the basics of infant care before your baby is born. Class includes information and demonstrations on holding, diapering, bathing and feeding a baby.



Newborn characteristics and behaviors are explained. Classes are held on the fourth Tuesday of the month. **Call 451-3712 to register**

Pregnancy Exercise Program (PEP)

This pre/post natal exercise class provides women a simple and convenient opportunity to participate in a group fitness



atmosphere with other women in similar stages of pregnancy.

This program is a one-hour class offered two times a week at the TT2 Fitness Center from 1030 -1130. **Call 451-3712 for more information or to register.**

Siblings Class



The sibling class is designed for children between the ages of 3 and 9. Children are encouraged to express their feelings about having a baby brother or sister. Topics explored in the class include: what to expect when the baby arrives home; how to help Mom and Dad care for the new baby; a craft project and a tour of the Coastal Carolina Mother Baby Unit and Labor and Delivery. Classes are held the third Thursday of each month from 1000-1130. Classes are held in the OB Conference room at the Naval Hospital. **Call Health Promotions at 451-3712 to register for class.**

REMEMBER!!! Knowledge is Power

The Naval Hospital Health Promotion and Wellness Department offers other health and intervention education classes to include; **Tobacco Cessation, Weight Management, Diabetes Management, Healthy Heart, and counseling for cardiovascular disease.**

For more information or to register for a class please call Health Promotion and Wellness at (910) 451-3712 or visit us in Bldg 4 located across the street from the Base Theater at the corner of McHugh Blvd and Post Lane.



Classes are free to Active Duty and their family members, and retirees. Classes are held at Health Promotion and Wellness located in Bldg # 4 unless otherwise indicated.